

# Local Wellness Policy Resources

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## **Pennsylvania Department of Education Resources**

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Nutrition Standards for Competitive Foods in Pennsylvania Schools:  
[www.pde.state.pa.us/food\\_nutrition/cwp/view.asp?Q=111072&A=5](http://www.pde.state.pa.us/food_nutrition/cwp/view.asp?Q=111072&A=5)

Examples of Policy Language for Nutrition Education, Physical Activity and Other School Based Activities

## **USDA's Wellness Policy Website and Team Nutrition Resources**

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- \* Wellness Policy Section
  - \* "Making It Happen"
  - \* "Changing the Scene"
- [www.fns.usda.gov/tn.htm](http://www.fns.usda.gov/tn.htm)

## **Wellness Policy Templates are available at:**

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**School Nutrition Association**  
[www.schoolnutrition.org](http://www.schoolnutrition.org)

**National Alliance for Nutrition and Activity**  
[www.schoolwellnesspolicies.org](http://www.schoolwellnesspolicies.org)

## **Policy Structure Resource**

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National Association of State Boards of Education. *Fit Healthy and Ready to Learn*.  
[www.nasbe.org/HealthySchools/healthy\\_eating.html](http://www.nasbe.org/HealthySchools/healthy_eating.html)

## **School Health Councils and Coordinated School Health**

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**American Cancer Society**  
[www.cancer.org/docroot/PED/content/PED\\_1\\_6School\\_health.asp](http://www.cancer.org/docroot/PED/content/PED_1_6School_health.asp)

## **General Resources for Nutrition and Physical Activity**

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**Action for Healthy Kids**  
[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

**Family and Community Careers Leaders of America (FCCLA)**  
[www.fcclainc.org](http://www.fcclainc.org)

**National Association for Sports and Physical Education (NASPE)**  
[www.aapherd.org/naspe](http://www.aapherd.org/naspe)

### **Project PA**

- \* "Preventing Childhood Overweight and Obesity: Parents Can Make a Difference"
  - \* Healthy School Nutrition Environment Policies
  - \* Increasing School Meals Participation-Breakfast
- <http://nutrition.psu.edu/projectpa>

